



# NMCPHC QUICK HITS

## Redesigned and Enhanced Wounded, Ill, and Injured Website Now Available

The NMCPHC Health Promotion and Wellness (HPW) Department launched its redesigned HPW Wounded, Ill, and Injured (WII) website targeting health information disseminators as well as WII service members, their families, caregivers, and others who support and assist service members during the recovery and transition process.

The resources available on the HPW WII website educate Sailors, Marines, and their families on a variety of topics including:

- [Active Living](#)
- [Caregiver Support](#)
- [Care Management](#)
- [Healthy Eating](#)
- [Injury and Violence Free Living](#)
- [Integrative and Complementary Medicine](#)
- [Life After An Amputation](#)
- [Post-Traumatic Stress Disorder](#)
- [Psychological and Emotional Well-Being](#)
- [Relationships and Intimacy](#)
- [Sleep](#)
- [Substance Use and Misuse](#)
- [Tobacco Free Living](#)
- [Traumatic Brain Injury](#)
- [Weight Management](#)

WII service members can learn, for example, how changes in daily life functions and added life stressors may cause changes in their relationships, both emotionally and physically. The HPW WII website offers the “Take Five: 5 Minute Strategies to Support Healthy Treatment and Recovery” resource which includes quick strategies, each related to one of 15 different moods commonly experienced by people coping with a wound, illness, or injury, to help WII service members clarify their thoughts and feelings and take action for success.

The [WII Toolbox](#) was also launched to provide promotional tools to help health educators, providers, and case managers reach the WII audience and practical tools to equip WII service members in their daily battle for healing and recovery. The toolbox features the “4G: Give, Get, Grasp, Gauge Guide to Talking with Your Doctor about Relationships and Intimacy Concerns” which encourages WII service members to *give* their doctor background information regarding their health, *get* the answers to the questions that address their most salient concerns, ensure they *grasp* the reasoning behind the decisions being made about their care, and track results to *gauge* their progress. This guide captures the essential nature of communication in the doctor-patient relationship.

“The website and toolbox resources can help prevent illness and injury, hasten recovery, and promote healthy behaviors among WII Sailors and Marines,” said CDR Connie Scott, NMCPHC HPW Department Head. “For example, health information disseminators can use the “Take Five: 5 Minute Strategies to Support Healthy Treatment and Recovery” resource and the 4G: Give, Get, Grasp, Gauge Guide to Talking with Your Doctor about Relationships and Intimacy Concerns” to help WII service members understand their emotions and help them initiate the conversation around sexuality and intimacy.”

Check out the HPW [WII website](#) to learn how HPW programs can facilitate recovery and strengthen resilience.

